

My Father, who has given them to Me, is greater than all; and no one is able to snatch them out of my Father's hand...I and my Father are one.

John 10:29-30

## Spiritual Growth

The path to grow spiritually is simple.

### LOOK TO THE LORD

Learn what God teaches. Ask Him to show you what changes need to be made in your life. Pray for guidance every day.

## LOOK AT YOURSELF

What habits or behaviors are harming your relationship with God, your family members, your friends, and others?

### CONFESS TO THE LORD

Admit to the things you do which you see are wrong. Pray that God will remove any selfishness you may have and help you move forward.

#### WORK ON IT

Choose one habit, thought pattern, or behavior that you wish to change, and ask God to remove it from your life. Take action yourself, but remember that it is the Lord who gives you the strength to overcome temptations and change. Pray for the power to change.

#### **BEGIN A NEW LIFE**

Ask God to help you look forward in this new direction, and show you new opportunities to be of service to other people. Through this process you will become more compassionate, more peaceful, wiser, and less fearful. You will experience greater closeness to God. This is spiritual rebirth.



# Who Is God?



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We want to understand who God is and feel Him working in our lives. We want to know that God is guiding our way. We want to understand the relationship of God, Jesus Christ, and the Holy Spirit.

## God, Jesus, and the Holy Spirit Are One

The New Church teaches the unity of God in this way: There is one loving, personal God, and He is the Lord Jesus Christ who is our Creator, Sustainer and Savior. Just as each of us has a soul, body, and activity (impact on others), and we are just one person, the Father, Son, and Holy Spirit are one God in one person.

## FATHER

The "Father" symbolizes the invisible I AM, the innermost powerful creative force of God—God's soul.

## SON

The "Son" is how this invisible life force chose to walk among humanity as Jesus Christ.

## HOLY SPIRIT

The "Holy Spirit" is the influence of the Lord God Jesus Christ in people's hearts, minds and lives. God the Father, Son, and Holy Spirit are three aspects of one God in one person, just as each of us has a soul, body, and activity (impact on others), and we are just one person.



# God Became Visible

God made Himself visible and approachable by coming to earth as Jesus. While Jesus was on earth in the physical body of a man, He spoke of Himself as one and the same as God.

"Most assuredly, I say to you, before Abraham was, I AM" (John 8:58).

"He that has seen me has seen the Father" (John 14:9).

Because He did this, and endured more severe temptations than any human ever has, He is now able to be with us in a very personal way. We know God has full understanding of us and compassion for us, because God, the Creator of the universe, as Jesus, felt the pain and joy we feel. We can trust His deep love to provide for us, His infinite wisdom to guide us, and His power to lift us up out of our harmful tendencies and behaviors. We can reach to God as both Divine and Human.

"Surely He has borne our griefs and carried our sorrows" (Isaiah 53:4).

# God Loves Everyone

God is never angry with us and never punishes us. The New Church teaches that God cannot even look at us with a stern expression because He loves us so much. The New Church also teaches that God welcomes people of every faith into heaven, if they have lived a good life according to their religion.

The goal of creation is an eternal union, or an intimate and loving relationship, between the Creator and all people in the created universe. Because this is true, God is always drawing everyone as close to Him as they will allow. To the extent that we become wise from God, and try to live according to His teachings, we become more and more images and likenesses of Him and more deeply united with Him.

## God Leads Everyone

God's guidance, known as Divine Providence, is at work in the smallest details everywhere and in everyone's life. He constantly works to lead all people to Himself, and away from harmful desires and behaviors. But we can only be led to the extent that we are willing to let go of the belief that our own intelligence is everything and instead begin to trust His guidance. At the same time, God carefully protects our freedom to make our own choices. This is because the only things that really become a part of us are those beliefs and actions we freely choose. Each day we are given new situations, new choices to make. As we work at living according to our best understanding of what God teaches, we are led step by step to heaven.